Because Nixon and Haldeman knew their words were being taped, there is no way these words can be considered exculpating. They have to be considered as self-serving, even though it is probable that from time to time each forgot he was being bugged and recorded on preserved tpate.

However, for exactly the same reasons, because each did know of the bugging, the taping and the preservation of the tapes. there is no way these same word can't be considered to be incriminating.